



HealthQuest

Wellness Champion Network Monthly Webinar

Thursday, December 8th - 11:00-11:45 am

Agenda

- ✓ Leadership Development
 - ✓ *With Special Guest Jack Bastable*
- ✓ *Celebrate a Healthy Holiday Season with HealthQuest – Portal through 12.31.16*
- ✓ December HQ Seminar
- ✓ Farewell to Joy!
- ✓ Introduce New 2017 Vendors
- ✓ December EAP Webinar




Good Leaders Ask Great Questions

“Good leaders ask great questions that inspire others to dream more, think more, learn more, do more, and become more.”

John Maxwell: Your Foundation for Successful Leadership



What Does Asking Questions Do?

- 1. You Only Get Answers to the Questions You Ask.**
 - 2. Questions Unlock and Open Doors That Otherwise Remain Closed.**
 - 3. Questions Are the Most Effective Means of Connecting with People.**
 - 4. Questions Cultivate Humility.**
 - 5. Questions Help You to Engage Others in Conversation.**
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RESOURCES

Good Leaders Ask Great Questions- Book

<https://www.scribd.com/doc/240298689/Good-Leaders-Ask-Great-Questions-by-John-C-Maxwell>

Good Leaders Ask Great Questions- pdf

http://files.soundview.com.s3.amazonaws.com/sample-summary/Good_Leaders_Ask_Great_Questions_Mobile.pdf

Good Leaders Ask Great Questions- Quotes

<https://www.goodreads.com/work/quotes/40026635-good-leaders-ask-great-questions-your-foundation-for-successful-leaders>

7 Surprising Questions Leaders Ask

<https://www.entrepreneur.com/article/271012>



Celebrate a Healthy Holiday Season with HealthQuest – Portal through 12.31.16

The NEW HealthQuest Program Year will begin January 1, 2017 with a new look for the Portal. While you currently can not earn credits until that time, take advantage of the educational opportunities here to help you Celebrate a Healthy Holiday Season!

- Submit Success Stories
- Check out the Library for articles, recipes, seminars and conversations
- Reach out and use Nurse24

December 2016 Seminar



Healthy Holidays!

Seminar Last Reviewed: 11/30/2016

Healthy eating and happy holidays can go together. Learn how a few small changes can make your holiday dishes healthier, get tips on staying in control at parties and enjoy the season without the guilt! Print out this [handout](#) to help you follow along. [Transcript](#)

Farewell to Joy Huber

Joy Huber has led the Wellness Champion Network since joining Alere/Optum in September 2014.

We selected a new vendor for the HealthQuest Program earlier this year, and Joy will continue working with Optum.

Joy has relocated back home to Lincoln, NE where she moved to Topeka from in 2014.

Joy will continue in her role as a Health Promotions Manager, and work with different clients at the start of 2017.

Thanks to Joy for her years of service!





Cerner natura)(yslim™

2017 Credits Grid



Required
Activity

	Credit Value	Credit Max	Dollar Value	Dollar Max
Health Assessment	10	10	\$100	\$100



Healthy
Range
Incentives

Biometric Screening Participation	5	5	\$50	\$50
Blood Pressure <120/80	6	6	\$60	\$60
Total Cholesterol <200	6	6	\$60	\$60
Glucose <100	6	6	\$60	\$60
Tobacco Free	3	3	\$30	\$30
Tobacco Cessation Program	6	6	\$60	\$60

*Reasonable alternatives are available for all Healthy Range Incentives.



Wellness Activities

Annual Dental Exam	3	6	\$30	\$60
Annual Eye Exam	3	3	\$30	\$30
Annual Well Man or Woman Exam	5	5	\$50	\$50
EAP Webinars	1	3	\$10	\$30
Health Coaching	1	10	\$10	\$100
Kansas Financial Learning Modules	1	5	\$10	\$50
Naturally Slim Weight Loss Program ...	15	15	\$150	\$150
Register for Castlight Health	1	1	\$10	\$10
Register for RX Savings	1	1	\$10	\$10
Wellness Challenges	4	20	\$40	\$200
Wellness Workshop	1	3	\$10	\$30

[Forgot password?](#)[Forgot username?](#)[GO](#)[Create My Account](#)

Wellness - From Attitude to Action

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Landing Page

HealthQuest Wellness Portal

Dashboard Image

[Ash](#) | [Dashboard](#) | [Logout](#)[Home](#) | [Health](#) | [Nutrition](#) | [Exercise](#) | [Event Registration](#) | [Incentives](#) | [Wellness Workshops](#) | [Resources](#) | [Message Center Inbox](#)**STEP 1****Complete Your HA****STEP 2****Biometric Screenings****EARN CREDITS!****Incentive Guide****Find Your Happy PLATES****Health Overview**

Here are your current results:

BMI: 27.1
Weight: 200 lbs
Weight Change: 20.1 lbs gained
Goal: Over by 50.1 lbs
Target Calories: 1500
Steps Goal: 15000
Incentive Credits: 10
Wellness Score: 59
New Messages: 0

[Like us on Facebook](#)**Connect
Your Apps
& Devices****Download the
HealthQuest****Earn Your 2017 Credits**

My Activities:

[Details](#)***TEST* 2017 SOK Incentive Campaign (10/3/2016 - 12/25/2016)****Complete Your Health Assessment**

Max: 10 Credits

Earned: 10 Credits

Healthy Range Incentives

Max: 32 Credits

Earned: 0 Credits

Wellness Activities

Max: 72 Credits

Earned: 0 Credits

Maximum Possible Credits **114**Total Credits Earned **10****Health Mission**

Type your Health Mission here!

[Save](#)

What personal reason do you have to pay more attention to your health? Writing down and focusing on a Health Mission will help you stay energized on your journey to a healthier you.

[View Examples](#)**Kelly McGonigal - Stress TED Talk****How to make stress your friend | Kelly McG...****Health Plan Resources**

Naturally Slim
RX Savings Solutions
Castlight
Kansas Financial Learning Modules
Employee Assistance Program
HealthQuest 2017 Incentive Guide

[Daily Fruit & Veggie Tracker](#)

Finally...



**You don't have to give up
the foods you love to lose
weight and keep it off.**

The Naturally Slim program
launches January 2017!

Learn more at www.naturallyslim.com.



Naturally Slim – Weight Management Program

- 10 Week Weight Management Program worth 15 credits/\$150 HRA/HSA
- Lose Weight Not Pleasure
- It Is Not WHAT You Eat But WHEN And HOW You Eat That Will Help You Lose Weight!

<https://www.youtube.com/watch?v=0hsEvJWxmK0>

December 2016 EAP Webinar

Thursday, December 22nd, 2016, 3:00 p.m.

The Psychology Behind Saving Money and Other Good Habits

Most people can honestly say they believe it's important to spend within their means and to save money for the future. Unfortunately, good intentions are often at odds with how our mind works.

www.kdheks.gov/hcf/healthquest/eapwebinars.htm

Quarter 1 - 2017 EAP Campaign

Physical Well-Being

January 26th @ 11AM

Healthy Lifestyles: Changing the Way You Think About Diet and Exercise

February 23rd @ 11AM

Healthy Food Choices on the Go

March 23rd @ 11AM

Developing Will Power and Self Control to Change Behavior

www.kdheks.gov/hcf/healthquest/eapwebinars.htm

Thank You for Joining Our December Meeting!

Next Meeting is **Thursday, January 12th, 2017**

✓ **11:00-11:45 am**

Questions/Comments

